

What is claimed is:

1. A method of enhancing regional body fat reduction comprising the steps of:

5 (a) topically applying a fat reduction topical composition daily on a region of a human body where a regional fat reduction is desired for a treatment period, said topical composition consisting essentially of hydroglycolic fluid extract of *Palmaria palmata*, *Laminaria digitata* extract, mannitol and a pharmaceutically acceptable carrier; and

10 (b) administering an effective amount of a fat reduction oral composition daily during the treatment period, said oral composition comprising synephrine, methylxanthine, chromium source material, and a pharmaceutically acceptable carrier.

15 2. The method of enhancing regional body fat reduction of Claim 1, wherein said treatment period is four weeks or more.

3. The method of enhancing regional body fat reduction of Claim 2, wherein said methylxanthine is one selected from the group consisting of caffeine, 20 theobromine, and combination thereof.

4. The method of enhancing regional body fat reduction of Claim 3, wherein said chromium source material is chromium picolinate.

5. The method of enhancing regional body fat reduction of Claim 4, wherein a daily dosage of said oral composition is from about 50 µg to about 400 µg of chromium picolinate, from about 50 mg to 300 mg of caffeine, and from about 17
5 mg to about 100 mg of theobromine.

6. The method of enhancing regional body fat reduction of Claim 5, wherein said oral composition further comprises a herb having diuretic effect.

10 7. The method of enhancing regional body fat reduction of Claim 6, wherein said herb is one selected from the group consisting of Couchgrass rhizome, Buchu leaf, Uva ursi leaf, Juniper berry, Hydrangea root, Cornsilk stylus, and combination thereof.

15 8. The method of enhancing regional body fat reduction of Claim 2, wherein said topical composition consisting essentially of said hydroglycolic fluid extract of palmaria palmata in a concentration range from about 2% to 10%, said laminaria digitata extract in a concentration range from about 0.5% to 5%, and said mannitol in a concentration range from about 0.2% to 2%.

20

9. A method of enhancing regional body fat reduction comprising the
steps of:

(a) topically applying a fat reduction topical composition daily on a region

of a human body where a regional fat reduction is desired for a treatment period, said topical composition consisting essentially of hydroglycolic fluid extract of *Palmaria palmata*, *Laminaria digitata* extract, mannitol and a pharmaceutically acceptable carrier; and

5 (b) administering an effective amount of a fat reduction oral composition daily during the treatment period, said oral composition comprising synephrine, caffeine, theobromine, chromium picolinate, a herbal combination having diuretic effect and a pharmaceutically acceptable carrier.

10 10. The method of enhancing regional body fat reduction of Claim 9, wherein said treatment period is four weeks or more.

11. The method of enhancing regional body fat reduction of Claim 10, wherein said topical composition consisting essentially of said hydroglycolic fluid
15 extract of *palmaria palmata* in a concentration range from about 2% to 10%, said *laminaria digitata* extract in a concentration range from about 0.5% to 5%, and said mannitol in a concentration range from about 0.2% to 2%.

12. The method of enhancing regional body fat reduction of Claim 11,
20 wherein said topical composition consisting essentially of about 5% of said hydroglycolic fluid extract of *palmaria palmata*, about 1% of said *laminaria digitata* extract, and about 0.5% of said mannitol.

13. The method of enhancing regional body fat reduction of Claim 9, wherein a daily dosage of said oral composition is from about 50 µg to about 400 µg of chromium picolinate, from about 50 mg to 300 mg of caffeine, and from about 17 mg to about 100 mg of theobromine.

5

14. The method of enhancing regional body fat reduction of Claim 13, wherein said herbal combination comprises Couchgrass rhizome, Buchu leaf, Uva ursi leaf, Juniper berry, Hydrangea root, Cornsilk stylus.

10 15. A method of enhancing regional body fat reduction comprising the steps of:

(a) topically applying a fat reduction topical composition daily on a region of a human body where a regional fat reduction is desired for a treatment period, said topical composition consisting essentially of a topical vasodilator, an adrenergic agent enabling increasing of cAMP, a diuretics and a pharmaceutically acceptable carrier; and

15

(b) administering an effective amount of a fat reduction oral composition daily during the treatment period, said oral composition comprising an alpha adrenergic agent, a chromium source material, methylxanthine, a herb exerting diuretic effect, and a pharmaceutically acceptable carrier.

20

16. The method of enhancing regional body fat reduction of Claim 15, wherein said diuretics in said topical composition is mannitol.

17. The method of enhancing regional body fat reduction of Claim 16, wherein said adrenergic agent in said topical composition is a laminaria digitata extract.

5

18. The method of enhancing regional body fat reduction of Claim 17, wherein said topical vasodilator in said topical composition is one selected from the group consisting of hydroglycolic fluid extract of *Palmaria palmate*, Ergoloid mesylates, papaverine, isoxsuprine HCl, ethaverine HCl, isosorbide mono- and di-
10 nitrates, nitroglycerine, and combination thereof.

19. The method of enhancing regional body fat reduction of Claim 15, wherein said alpha adrenergic agent in said oral composition is synephrine.

15

20. The method of enhancing regional body fat reduction of Claim 15, wherein said herb is one selected from the group consisting of Couchgrass rhizome, Buchu leaf, Uva ursi leaf, Juniper berry, Hydrangea root, Cornsilk stylus, and combination thereof.